

## DECEMBER 2010

## BAY COUNTY DIVISION ON AGING

## HDM/MEAL SITE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
(6) CRISPY CHICKEN BREAST (1) DICED RED SKIN POTATOES (1) SPINACH WHOLE WHEAT BREAD w/OLEO (1) PEACH/PEAR/PINEAPPLE (1) FAT-FREE MILK (1)	(7) BEEF POT ROAST SCALLOPED POTATOES (1) GREEN BEANS WHOLE WHEAT BREAD w/OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)	(8) HOT DOG w/CONEY SAUCE ON A WHOLE WHEAT BUN (1) HOMESTYLE FRIES (1) EUROPEAN BLEND VEGETABLES HAWAIIAN FRUIT (1) FAT-FREE MILK (1)	(9) HONEY-MUSTARD CHICKEN MASHED POTATOES (1) w/CHICKEN GRAVY (2) MIXED VEGETABLES MULTI-GRAIN DINNER ROLL & OLEO (2) BANANA NUT CAKE (3) FAT-FREE MILK (1)
(13) SWISS STEAK MASHED POTATOES (1) CORN (1) WHOLE WHEAT BREAD w/OLEO (1) MIXED FRUIT CUP (1) FAT-FREE MILK (1)	(14) HAM w/PINEAPPLE SAUCE SWEET POTATO (2) WAX BEANS WHOLE WHEAT BREAD w/OLEO (1) ORANGE PINEAPPLE JELLO (2) FAT-FREE MILK (1)	(15) SPAGHETTI (1) w/HOMEMADE MEAT SAUCE GREEN PEAS TOSSED SALAD & DRESSING GARLIC BREAD (1) SLICED PEARS (1) FAT-FREE MILK (1)	(16) <u>CHRISTMAS DINNER</u> SLICED ROAST PORK LOIN MASHED POTATOES w/PORK GRAVY (1) BABY CARROTS MULTI-GRAIN DINNER ROLL & OLEO (2) LEMON MERINGUE PIE (3) FAT-FREE MILK (1)
(20) GOLD COAST PORK CHOPS MASHED POTATOES (1) MIXED VEGETABLES (1) WHOLE WHEAT BREAD w/OLEO (1) SLICED PEACHES (1) FAT-FREE MILK (1)	(21) BROCCOLI CHICKEN CASSEROLE (1) BAKED POTATO (3) BISCUIT & OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)	(22) HOMEMADE MEATLOAF (1) RED SKIN POTATOES (1) ITALIAN BEANS WHOLE WHEAT BREAD w/OLEO (1) OATMEAL RAISIN COOKIE (2) FAT-FREE MILK (1)	(23)  CHRISTMAS HOLIDAY  ALL OFFICES & MEAL SITES WILL BE CLOSED
(27) CHICKEN FINGERS OVEN BROWNED POTATOES (1) WHOLE KERNEL CORN (1) WHOLE WHEAT BREAD w/OLEO (1) APPLESauce (1) FAT-FREE MILK (1)	(28) SALISBURY STEAK (1) MASHED POTATOES (1) SLICED CARROTS WHOLE WHEAT BREAD w/OLEO (1) FRESH FRUIT (2) FAT-FREE MILK (1)	(29) COD FILET SANDWICH (1) ON A WHOLE WHEAT BUN (2) HERBED POTATOES (1) EUROPEAN BLEND VEGETABLES FRESH FRUIT (1) FAT-FREE MILK (1)	(30)  NEW YEAR'S HOLIDAY  ALL OFFICES & MEAL SITES WILL BE CLOSED

**SALAD/SANDWICH MENU****DECEMBER 2010**

<b>SALAD CHOICE FOR THE WEEK</b>	<b>SANDWICH CHOICE FOR THE WEEK</b>
(WEEK OF 12-6 THRU 12-9-10) <u><b>GREEK SALAD</b></u> ROMAINE LETTUCE, TOMATO, GREEN PEPPER, RED ONION, CUCUMBER, BLACK OLIVES, AND FETA CHEESE WITH GREEK DRESSING COTTAGE CHEESE MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK	<u><b>CHICKEN SALAD WRAP</b></u> CHICKEN SALAD WITH A WHOLE WHEAT FLATBREAD, ROMAINE LETTUCE, TOMATO, RED ONIONS, CUCUMBER SPEARS, AND CARROTS SERVED WITH MARZETTI RANCH DRESSING DESSERT/FRUIT OF THE DAY FAT-FREE MILK
(WEEK OF 12-13 THRU 12-16-10) <u><b>GARDEN SALAD</b></u> COTTAGE CHEESE, CHEDDAR CHEESE, SLICED CUCUMBER, BABY CARROTS, RED ONIONS, AND TOMATO ON CHOPPED ROMAINE LETTUCE WITH BACON BITS AND CROUTONS SERVED WITH MARZETTI BUTTERMILK DRESSING MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK	<u><b>TURKEY/HAM &amp; SWISS SANDWICH</b></u> SLICED TURKEY AND HAM WITH SWISS CHEESE ON RYE BREAD WITH ROMAINE LETTUCE, RED ONIONS, TOMATO, CUCUMBERS, AND CARROTS SERVED w/HONEY-MUSTARD DRESSING DESSERT/FRUIT OF THE DAY FAT-FREE MILK
(WEEK OF 12-20 THRU 12-23-10)  DUE TO THE CHRISTMAS HOLIDAY, THERE WILL NOT BE A SALAD CHOICE THIS WEEK	DUE TO THE CHRISTMAS HOLIDAY, THERE WILL NOT BE A SANDWICH CHOICE THIS WEEK
(WEEK OF 12-27 THRU 12-30-10)  DUE TO THE NEW YEAR HOLIDAY, THERE WILL NOT BE A SALAD CHOICE THIS WEEK	DUE TO THE NEW YEAR HOLIDAY, THERE WILL NOT BE A SANDWICH CHOICE THIS WEEK

DECEMBER 2010

HAMPTON EVENING MENU

BAY COUNTY DIVISION ON AGING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(6) OVEN FRIED GARLIC CHICKEN RED SKIN POTATOES (1) PEAS & PEARL ONIONS WHOLE WHEAT BREAD/OLEO FRUIT COCKTAIL (1) FAT-FREE MILK (1)	(7) BBQ PORK SANDWICH ON A WHOLE WHEAT BUN (2) OVEN BROWNED POTATO (2) WHOLE KERNEL CORN (1) PLUMS IN JUICE (1) FAT-FREE MILK (1)	(8) HEARTY BEEF STEW (1) CAULIFLOWER MULTI-GRAIN DINNER ROLL & OLEO (2) CARROT CAKE (1) FAT-FREE MILK (1)	(9) HUNGARIAN PORK CHOP MASHED POTATOES (1) GREEN BEANS WHOLE WHEAT BREAD w/OLEO FRESH FRUIT (1) FAT-FREE MILK (1)	(10) HOMEMADE LASAGNA (3) ITALIAN BLEND VEGETABLES TOSSED SALAD & DRESSING GARLIC BREAD (1) HAWAIIAN FRUIT (1) FAT-FREE MILK (1)
(13) CHEESEBURGER ON A WHEAT BUN (2) BAKED POTATO (3) WAX BEANS PEACH/PEAR/PINEAPPLE (1) FAT-FREE MILK (1)	(14) SWEET & SOUR PORK (1) OVER BROWN RICE (1) ITALIAN BEANS WHOLE WHEAT BREAD w/OLEO (1) MOLDED FRUIT JELLO (1) FAT-FREE MILK (1)	(15) CHICKEN TETRAZZINI (2) STEAMED BROCCOLI CREAMY CUCUMBERS WHOLE WHEAT BREAD w/OLEO (1) TROPICAL FRUIT (1) FAT-FREE MILK (1)	(16) <u>CHRISTMAS DINNER</u> SLICED ROAST PORK LOIN MASHED POTATOES w/GRAVY BABY CARROTS MULTI-GRAIN DINNER ROLL LEMON MERINGUE PIE (3) FAT-FREE MILK (1)	(17) BAKED VEAL PARMESAN OVER SPAGHETTI (1) WINTER BLEND VEGETABLES TOSSED SALAD & DRESSING GARLIC BREAD (1) FRUIT (2) FAT-FREE MILK (1)
(20) PAPRIKA CHICKEN RED SKIN POTATOES (1) SLICED CARROTS WHOLE WHEAT BREAD w/OLEO (1) MIXED FRUIT CUP (1) FAT-FREE MILK (1)	(21) SLICED ROAST BEEF MASHED POTATOES w/BEEF GRAVY (1) CAULIFLOWER WHOLE WHEAT BREAD/OLEO CHERRY CRISP (3) FAT-FREE MILK (1)	(22) BAKED PORK CHOP BAKED POTATO (3) EUROPEAN BLEND VEGGIES MULTI-GRAIN DINNER ROLL & OLEO (2) FRUIT (2) FAT-FREE MILK (1)	(23)  CHRISTMAS HOLIDAY  ALL OFFICES & MEAL SITES WILL BE CLOSED	(24)  CHRISTMAS HOLIDAY  ALL OFFICES & MEAL SITES WILL BE CLOSED
(27) LUNCHEON STEAK w/BROWN GRAVY MASHED POTATOES (1) RIVIERA BLEND VEGGIES WHOLE WHEAT BREAD/OLEO PEAR SLICES (1) FAT-FREE MILK (1)	(28) CHICKEN RICE CASSEROLE (2) PEAS & PEARL ONIONS CREAMY COLESLAW (1) MULTI-GRAIN DINNER ROLL & OLEO (2) FRESH FRUIT (1) FAT-FREE MILK (1)	(29) BAKED BBQ PORK CHOP (1) RED SKIN POTATOES (2) TOSSED SALAD & DRESSING WHOLE WHEAT BREAD w/OLEO (1) FRUIT (2) FAT-FREE MILK (1)	(30)  NEW YEAR'S HOLIDAY  ALL OFFICES & MEAL SITES WILL BE CLOSED	(31)  NEW YEAR'S HOLIDAY  ALL OFFICES & MEAL SITES WILL BE CLOSED

**RIVERSIDE FRIENDSHIP CENTER  
ONLY**

**DECEMBER 2010**

(10)  
HAND-CUT BEEF TIPS OVER EGG NOODLES (1)  
STEAMED BROCCOLI  
VINEGAR COLESLAW (1)  
WHOLE WHEAT BREAD w/OLEO (1)  
CHUNKY APPLESAUCE (1)  
FAT-FREE MILK (1)

(17)  
TUNA NOODLE CASSEROLE (2)  
EUROPEAN BLEND VEGETABLES  
BROCCOLI SALAD (1)  
WHOLE WHEAT BREAD w/OLEO (1)  
FRESH FRUIT (2)  
FAT-FREE MILK (1)

(24)

**CHRISTMAS HOLIDAY**

**RIVERSIDE FRIENDSHIP CENTER  
WILL BE CLOSED**

(31)

**NEW YEAR'S HOLIDAY**

**RIVERSIDE FRIENDSHIP CENTER  
WILL BE CLOSED**